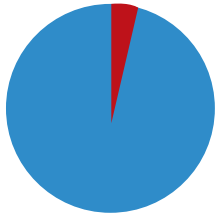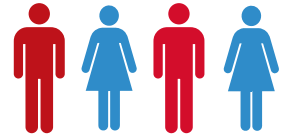# What is PTSD?

Post-traumatic stress disorder, or PTSD, is a mental health condition that some people develop after they see or experience a traumatic event.

7 to 8% of the U.S. population will have PTSD at some point in their lives.
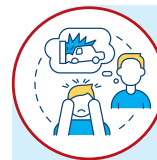
What it's like to have PTSD may be different for everyone.

There are four types of PTSD symptoms.

RELIVING OR RE-EXPERIENCING THE EVENT

- Nightmares
- Triggers
- Flashbacks (unwanted replays of the event)

HYPERAROUSAL OR BEING ON GUARD

- Being jittery or overly alert
- Difficulty sleeping or concentrating
- Feeling angry or irritable

AVOIDANCE

- Avoiding crowds
- Avoiding certain smells, sights, or sounds
- Avoiding talking or thinking about the event

NEGATIVE CHANGES IN BELIEFS AND FEELINGS

- Losing interest in things you used to enjoy
- Feeling guilty or ashamed
- Unable to trust others

Do you have PTSD Symptoms? Speak to your Social Worker or call SAMHSA's National Hotline: 1-800-662-4357

PAC APPROVED — PATIENT ADVISORY COUNCIL

ALLIANT HEALTH SOLUTIONS

END STAGE RENAL DISEASE NETWORKS 8 & 14